

# Winter Belly Dance Classes with Jennifer



Have fun and strengthen your core while learning the ancient art of Egyptian-style Belly Dance! Learn basic steps and isolations of the hips, ribcage, head, and belly. In this class, we will also learn to dance with a veil. By the end of the class, we will bring it all together in a powerful and sensual choreography to Middle Eastern music.

**Open to women of all ages and fitness levels. No experience required.**

- When:** Thursdays, 8:30 – 9:30pm  
Jan. 19 – Mar. 22
- Where:** West Hillhurst Community Association  
Fitness Centre Dance Studio  
1940 6 Ave NW, Calgary, AB
- Fee:** Early Bird (before Dec. 23): \$110  
After Dec. 23: \$140

To register or for more information  
Email: [jenniferbellydance@gmail.com](mailto:jenniferbellydance@gmail.com)  
Phone: 403-474-0933